new Bernal Journal

June/July 1990 Volume 27 • Number 4

spotlight on . . .

The Year in Review

by Arthur B. Kalson

Since this issue of the NBJ *marks our first anniversary as Editor, we thought this would be a good opportunity to look at the current status of some of the stories we've covered.*

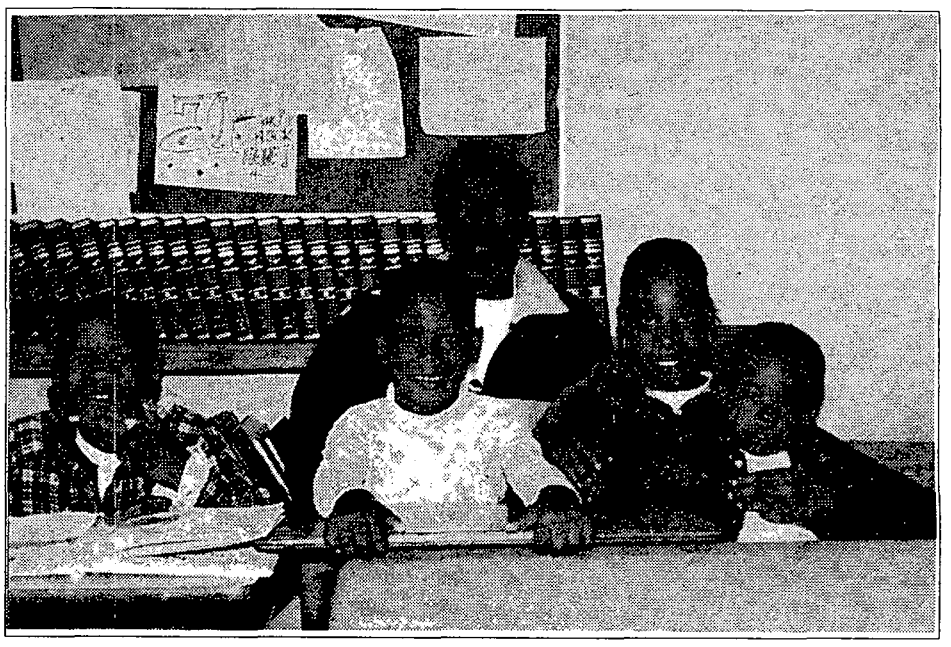
June '89: ***Coleridge Park Homes for senior*** *and disabled residents was just about completed, and the application process was well under way. Everyone was excited about the new neighborhood park that was to be an integral part of the project. Plans called for the Rec and Park Department to take charge of operation and maintenance of the playground. Today, the status of the park is still in doubt. Rec and Park now denies that they agreed to take over the playground. Unless Rec and Park takes on that responsibility, there is the risk that the park will be declared a Limited Use Facility, which means that neighborhood kids won't be able to play there. Even worse, the cost of the park's upkeep will be passed on to the elderly tenants, thus defeating the whole purpose of building the dwellings in the first place.*

August, '89: ***We focused on two meetings we*** *had with Mayor Art Agnos. We commented that we were impressed by his ruthless toughness, political skill, and essential compassion. Things have gotten much hotter for Mayor Art since then. His relationship with the business community has deteriorated over the issue of the "temporary" $200 tax, and the salaries of his Deputy Mayors. Many homeless people are still living in Civic Center, and the problem has come to be even more strongly identified with Agnos. The fallout from the ballpark initiative has left a bad taste in a lot of people's mouths, as has the question of the Embarcadero Freeway. Agnos supporters who worked on the "high road" campaign of 1988 are no longer so quick to give him the benefit of the doubt over how he has handled things now that he's in office. While San Francisco recovers from last October's devastating earthquake, the Mayor's plan to build two new luxury waterfront hotels has generated strong opposition. The main question directed at the Mayor these days is "What are you doing with the city's money?"*

October, '89: ***The Holly Court Tenants*** *Association and the South Bernal Neighborhood Association combined their efforts to put pressure on city agencies to do something about the drug crisis and the deterioration of the housing project. They negotiated a major agreement, and saw an immediate improvement in their conditions. A greater police presence drove out the public drug dealing, and evolved into a PAL youth program. In December, Holly Court threw a block party to celebrate. Since that time, some maintenance work has been done, and vacant units are now occupied. Unfortunately, the word is that drug trafficking has once again increased around Holly Park. This problem continues to plague the neighborhood.*

continued on page three

Earl Chase Honored for His Volunteer Efforts on Behalf of Alemany Youth



Earl Chase with some of his young friends at the Alemany Center: L to R; Ladell Greene, Jr., Justin Wilson, Stephanie Gazaway, and Craig Blay.

by Barbara Garcia

Long-time neighborhood resident and activist Earl Chase was presented the J.C. Penny Golden Rule Regional Award at an April luncheon at the Stanford Court Hotel. Earl has volunteered for the past two years helping to set up and direct the After-School Tutorial and the Alemany Most Valuable People (MVP) program.

His name was submitted to the judges by Tiki Hadley, Betty Hoskins, Mary Rogers, and Alta Scales. Earl won a certificate, a trophy, and $1000 for the Alemany Youth Program. Earl would like to see the money spent on "hands-on" materials for the youth program, but he prefers to have the decision made by the Alemany tenants, the Parent's Group, and the youth themselves.

When asked how he felt about receiving this honor, he stated that it couldn't have happened without the efforts of everyone in the community who has been involved in the youth program. Earl feels especially grateful to the Alemany youth for their motivation and consistency.

The J.C. Penney Golden Rule Award was created to recognize people who volunteer their time and energy for the good of their community. As a Regional Award winner, Earl is now eligible to be considered for the national award, which will be announced at a special ceremony in Washington, D.C. Congratulations, Earl! You have certainly won the vote of the Alemany youth. And thanks to J.C. Penney from everyone at Alemany.

Crack and the Family: Conference at Glide Sends Message of Hope

by Rev. Carolyn Dyson

In such a time as this, there will never be an April like the April of 1990. Many people who felt that all hope was gone attended the National Conference on Crack Cocaine and the Black Community at the Glide Memorial Church. This second national conference did indeed let us know that Hope is alive and that this hope signaled the Rebirth of a Race.

Coretta Scott King told us that we might have to be involved in non-violent civil disobedience for the cause of justice. As an observing participant, I have allowed that message to burn like a slow-burning log in my heart. We may need to demonstrate and be unyielding, with a collective demand that Justice raise her head, and say that treatment monies for recovery facilities in our communities become a priority for our government.

Mayor Sue Myrick of Charlotte, North Carolina is dynamic, courageous, and truthful. She made it plain that crack is "in the suites as well as in the streets". This white female politician reached the hearts of Black folk when she spoke.

The full convention heard stories of recovery from addicts and pushers. We all wept together as we learned that coming back from crack cocaine is a reality. Recovering youth spoke of the changes in their lives, and how concerned organizations had in love provided programs that presented them with positive role models and better alternatives.

There were fifteen workshops, including The Role of the Church: the Theology of Involvement; The Genocidal Implications of Crack Cocaine; Self-definition, Self-Esteem, and Self-Empowerment; and Organizing with Youth.

Finally, Dr. Maya Angelou sang to us, "Look Where He Brought Us From". She reminded us that, as a family and as a race, we have come a mighty long way. From having no ballot to being on the ballot. From no voice to loud voices. From the Big House to the White House. Our men and women, our teachers, our doctors, our lawyers, our engineers, our statesmen. Not just potluck preachers but prolific proclaimers like Dr. Martin Luther King and Rev. Cecil Williams. Look Where He Brought Us From. Rebirth of a Race made the statement that Dr. King's Dream was not a nightmare. There is a national echo from the Black leaders of an America that says, "We won't wear this jacket of cocaine suppliers." There is stiff resistance to this image of "the Black community's drug".

We now understand that crack cocaine was allowed to come into this country, and that there were no Black people at the decision table. The conference helped us to restore our faith and hope for the recovery of our people and all addicted people. To Rev. Cecil Williams, I say thank you for my renewed spirit and sense of commitment to be part of the Rebirth of a Race. Thank you for such a time as this, a national conference of hope and resistance.

new Bernal Journal

515 Cortland Ave.
San Francisco, CA 94110
(415) 648-0330

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

Deadline for the August/September issue is July 10. We reserve the right to edit for clarity or space.

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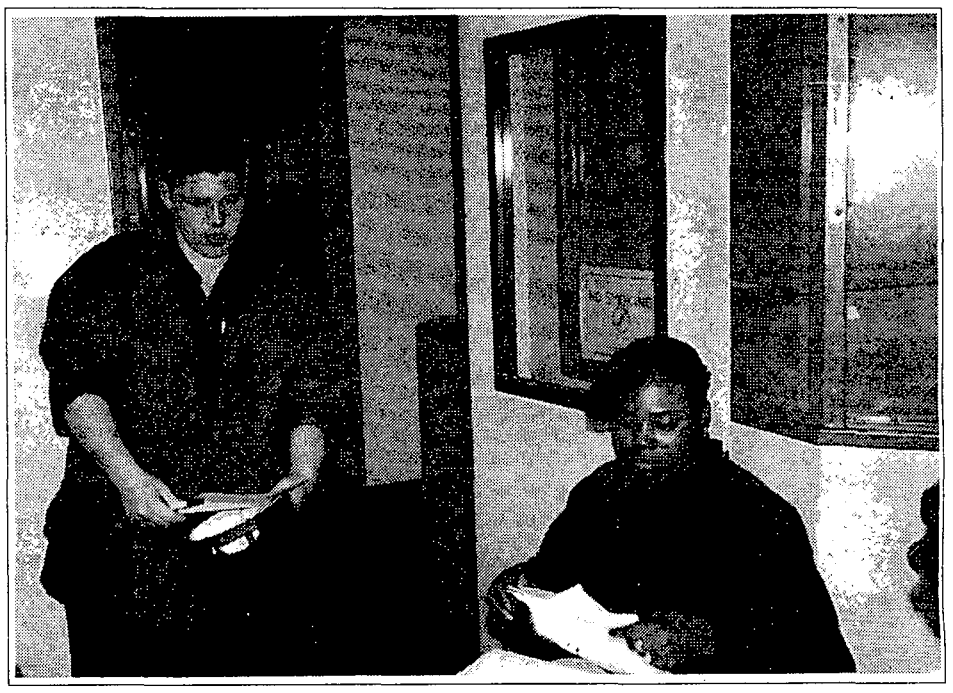
Youth Employment Coordinator José Leon has job opportunities available to young people, either through the Mayor's Youth Employment Education Program (M.Y.E.E.P.) or the Summer Youth Employment and Training Program (S.Y.E.T.P.) Applicants to MYEEP must be between the ages of 14 and 18, Outer Mission residents, low-income, and attending either public or private school. To qualify for SYETP, you must be a San Francisco resident between the ages of 14 and 21, attend non-public school, low income, and, if you're over 18, registered with the Selective Service System.



Jackiy Tinnin, Bernal Heights Community Foundation's Assistant Job Coordinator, helps Christopher Goldueon to register for the Summer Youth Employment Training Program. (S.Y.E.T.P.) A senior at SF State majoring in Sociology, with a strong interest in math, Jackiy also plays Center for the Nike "Just Do It" women's semi-pro basketball team.

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Peggy's Place

by Peggy Turnipseed
Youth Organizer/
Job Developer

Summer is back and so is the Great America Program for the third straight year. The BHCF will be sending fifty young adults to work at Great America starting June 9, 1990.

Thanks to Assembly Speaker Willie Brown's Office, I was able to take seven young people to Camp Mather last month. Our group had a great time. A special thanks to my counselors Zack Gentry and Stephanie Alexander.

Reyna Scotchler and Robin Wrablewski wait their turn to register for the S.Y.T.E.P. program. Have a great summer!

Support Proposition #107 June 5th!

by Helen Helfer,
Executive Director
Bernal Heights
Community Foundation

As the world's richest nation, there is no reason for **any** American citizen to be without a home. On June 5th we have a clear opportunity to vote for more affordable housing in our rich state. Proposition #107, a $150 million measure, will assist 4,000 first time homebuyers, provide 33,000 new emergency shelter and transitional housing beds for the homeless, and build or rehabilitate 31,200 affordable rental housing units.

A report by the California Coalition for Rural Housing dated March 19th states that California is producing only 16 percent as much affordable housing as it needs. In the 9-county Bay Area, only 20 percent of the needed 119,650 estimated low-cost housing units have been built. As stated by the California Right to Housing Campaign: "We need to elevate housing and homelessness to the top of the political agendas of every California candidate and elected official by creating a statewide citizen's coalition that no politican can ignore."

It is imperative, as freedom erupts in Eastern Europe, that we exercise our freedom by supporting programs which benefit us all. Proposition #107 is such a program. Please vote June 5th.

Stretch Your Food Dollars with Share

by Gail Corbitt

SHARE is a non-profit food coop that helps over 100,000 people in the U.S stretch their food dollars each month. For $13 in cash or food stamps (no checks) and two hours of community service you will receive a food package worth between $25 and $35. The package contains meats, staples such and pasta, beans or rice, and lots of fresh fruits and vegetables. The program is not a charity and anyone may participate. In fact, a person can purchase more than one package provided two hours of community service are completed for each package. The program has been operating successfully in Bernal Heights for over three years and over a thousand people have participated.

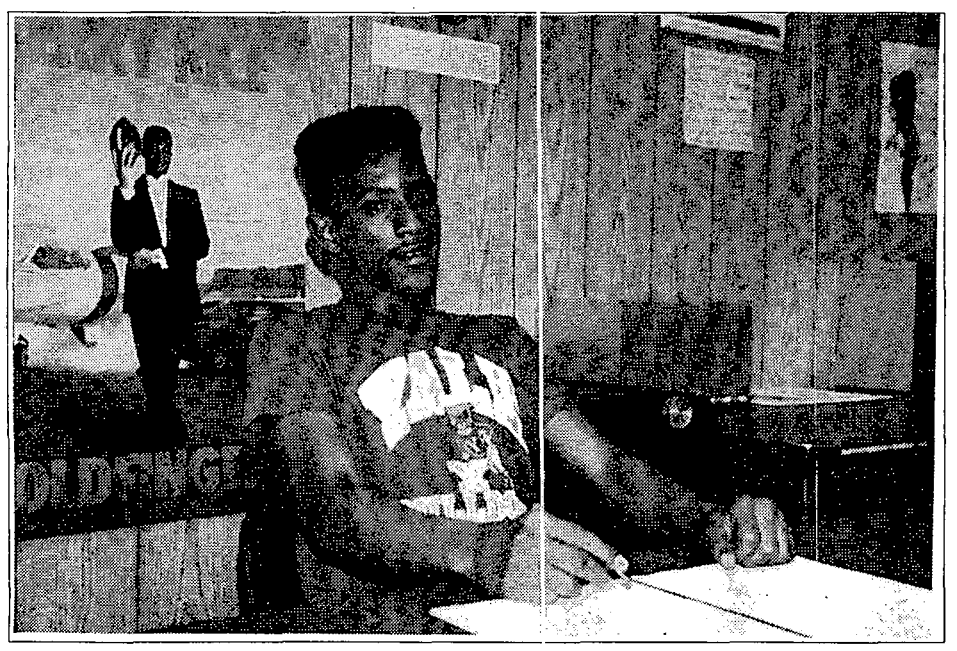
The volunteer time can be discussed at sign up. In Bernal Heights our volunteers have done work such as AIDS volunteer, community clean up, *Bernal Journal* volunteer, and tutoring low income youth, as well as the volunteers it takes to run the SHARE program. Volunteers are always needed at the Newhall Street warehouse to bag and box the food before distribution day.

The SHARE program takes place at the Bernal Heights Community Center, 515 Cortland Avenue. You must pay for your groceries two weeks before they are distributed, or you can save time and pay for the next month when you pick up your food. For more information call 821-5819.

SHARE Schedule for June and July

Sign-up	Food Distribution
June 6, 7:15 to 8:15pm	June 23, 10am to noon
July 11, 7;15 to 8:15pm	July 28, 10am to noon

Vote on June 5



One of Bernal's Finest: We often like to hear our youth talk about where they are going. Tyrone Blackburn likes to talk bout where he is not going. He says with no hesitation, "I'm not going jail and I'm not going to do drugs". Tyrone is 13 years old and is being trained as a Bernal leader in the position of Assistant to the Executive Director at the Community Lifeline Ministry with Rev. Carolyn Dyson. Tyrone is a seventh grader at a Luther Burbank Junior High. He does well in school and has many friends. On May 5 Tyrone prepared a speech for the Lifeline Ministries open house. He quickly moved from the pre-written text to an off-the cuff statement of his plans to tell other youth that doing drugs is just plain stupid. Tyrone is fortunate that he has a mom that really cares and grandparents on both sides of his family that take the time to love and guide him. Community and business support will help the agency's director put Tyrone to work during the summer. As an Assistant, he will acquire general office skills and the ability to work with the public. Congratulations, Tyrone, and good luck!

Community Lifeline Ministries Report

by Rev. Carolyn Dyson
Executive Director

On January 1, 1990, Community Lifeline Ministries opened its doors with one desk and one visionary. As the vision unfolds, Community Lifeline has established itself as a community based, non-profit organization. The decision-making body consists of a seven member Board of Directors. The agency, which is not a church, supports no particular denomination, and offers four programs. The major program is the Center For Loved Ones Missing In Drug Warfare. This program seeks creative ways of getting messages to people's family members that are cut off from loved ones due to crack cocaine and other drugs. Through successful networking with the Bayview-Hunter's Point Community Foundation's substance abuse program, that agency has agreed to be the treatment facility for persons referred from Community Lifeline.

Community Lifeline has entered into dialogue with several media representatives, as plans move forward for messages to missing loved ones to be broadcast on television and radio. Bernal residents are encouraged to use Community Lifeline for treatment referrals, and to re-establish contact with family members currently lost to drug abuse.

The Dream Builders Program for Bernal youth has elected their officers. Tyrone Blackburn, 13 years old and a community leader, serves as the Assistant to the Executive Director. Liza Rivera, President, is 11; Eric Allen, Vice President, is 8; and Malinda Ward, Secretary is 10. The primary objectives of this program are to develop civic pride and leadership abilities.

The Golden Links Program for grandparents attempts to help them meet the challenges of the '90's. The program runs the Clothing Bank for the Homeless, providing good, wearable clothes.

Community Lifeline Ministry has supported the parents of a Bernal youth detained at the Youth Guidance Center. This combined effort resulted in the youth coming home with a plan that is at this time being tried by the family, the Lineline, and the court.

As I close this report, I convey words of commitment from myself and the Board of Directors that we are here for the long haul. We realize that government will not move the drugs and neither will it put money into our community for treatment. Crack cocaine is a plague that has gripped the Black community and is a reality in the white community. Crack is in the streets as well as the suites. We are in this together.

Community Lifeline needs the assistance of a community that will dare to make a difference. The Substance Abuse Program is seeking individual donors, as well as businesses, that will help sustain the programs with a $20 monthly contribution. Senior citizens can contribute with $10 per month. All donations are tax deductible. Volunteer help is needed for receptionist and typing during the week, Monday through Friday, from 9am to 5pm. Any volunteer time is welcomed. Community Lifeline looks forward to a long relationship of growth and progress with the Bernal Heights community. Your help will make the difference. Please drop in at 511 Cortland or call at 647-7122.

continued from page one

The Year in Review

December, '89: *Neighborhood violence was the subject of our front-page editorial, and the story generated a number of thought-provoking letters from our readers. Sadly, the problem has only gotten worse. Since March, there have been a series of assaults and muggings on Cortland Avenue near Ellsworth. A popular ten-year-old boy lost his life to a handgun. The Northwest area has been plagued with dozens of burglaries. Racism, sexism, and homophobia seem to be on the upswing. Young people, especially young black people, are growing up in a world of despair, where society offers no real alternative to quick and dirty drug money. One ray of hope comes from the Community Lifeline Ministries, where the Dreambuilders program actually teaches kids how to imagine a brighter future. Many adults could benefit from such training.*

February, '90: *Representatives of neighborhood youth programs united to coordinate their efforts, and continue to meet on a regular basis. As a result, more activities for young people are available, and information about these programs is more widely distributed. The Rec Center on Moultrie is open some evenings, Friday Night Videos has increasing attendance, and the Alemany MVP Tutorial has won a major award. The Mayor's Youth Employment and Education Program (MYEEP), the Summer Youth Employment and Training Program (SYETP), and the popular Great America Program are all based at the Bernal Heights Neighborhood Center.*

The promised renovation of our neighborhood Safeway, originally scheduled to start in mid-March, has not yet begun. Since that article appeared, a former Safeway department head told us that management turnover at that store is high because managers are regularly given impossible goals to achieve, and then transferred or fired when they fail.

April, '90: ***The casual day laborers at Mission*** *and Valencia have continued to organize and take responsibility for themselves, and stay in communication with neighborhood groups. The original bad feelings toward them seem to have dissipated. Problems like this tend to run in cycles, and, when things heat up again, we hope that the new relationships and organizations will be prepared to deal with them*

The NBJ *has certainly seen a full year of neighborhood activity. We invite your letters and comments, and thank you for your support.*

Market Heights: Affordable Housing for Families

As most of the *New Bernal Journal* readers know, the Bernal Heights Community Foundation is proposing an affordable family housing development around the Farmer's Market, while improving the Market itself. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to: BHCF, 515 Cortland Ave, San Francisco, CA 94110.

Name_____ Phone_____

Address_____ City_____ Zip_____

Size of unit needed: 1 BD____ 2 BD____ 3 BD____ 4 BD____

Income Maximum for Very Low Income (50% of median, adjusted annually):
For a family of 2: $17,600; for a family of 3: $19,800; for a family of 4: $22,000; for a famly of 6: $25,500.

Income Maximum for Lower Income (80% of median, adjusted annually):
For a family of 2: $28,150; for a family of 3: $31,700; for a family of 4: $35,200; for a family of 6: $39,600.

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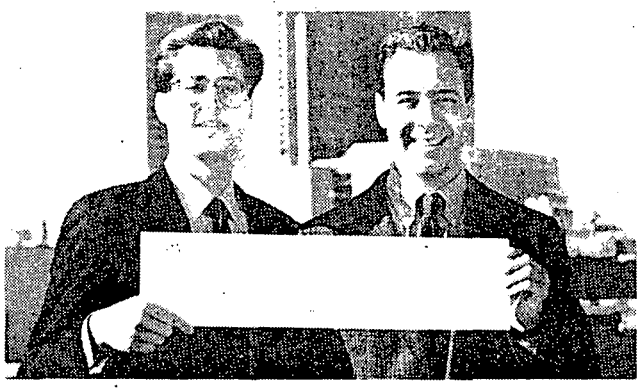

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In May, BHCF Board Member Marcie Dy Wilson was awarded a certificate by Post Office Women for Equal Rights and the American Postal Workers Union for suc cessfully completing the Western Region POWER Educational Workshops. Congratulations, Marcie!

CITY HOUSING POLICY WORKSHOPS

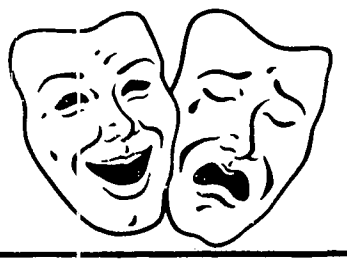
The San Francisco City Planning Commission

will be conducting panel discussion workshops to review the Draft **Residence Element** of the **City's Master Plan** available for CITIZEN REVIEW at 450 McAllister, 4th floor. The workshops will be at regularly scheduled Planning Commission meetings, Room 282, City Hall, from 12 noon to 2 PM:

City Programs for Affordable Housing	**May 31**
Realities of Affordable Housing Case Studies	**June 6**
Citywide Housing/Jobs Balance	**June 14**
Status Report on Revised Element	**June 28**

You are invited to attend these meetings. Public comments will be held after each panel presentation. Please call Roger Herrera or Lois Scott at 558-6316 for more information.

Arts & ENTERTAINMENT



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The Buffet Flat also presents a weekly series of entertainments, primarily musical in a homey venue suitable to non-commercial performances. The performers are usually not big names, but they are talented and personable. (Recent shows include: Kenny Hall, Rudy Cipolla and Danny Kalb). Call and we'll be glad to send you a schedule of the upcoming events.

Our hours: Tuesday to Friday 12-8
Saturday 12-7
Sunday 12-6.

Our phone: 641-8247. Call any time.

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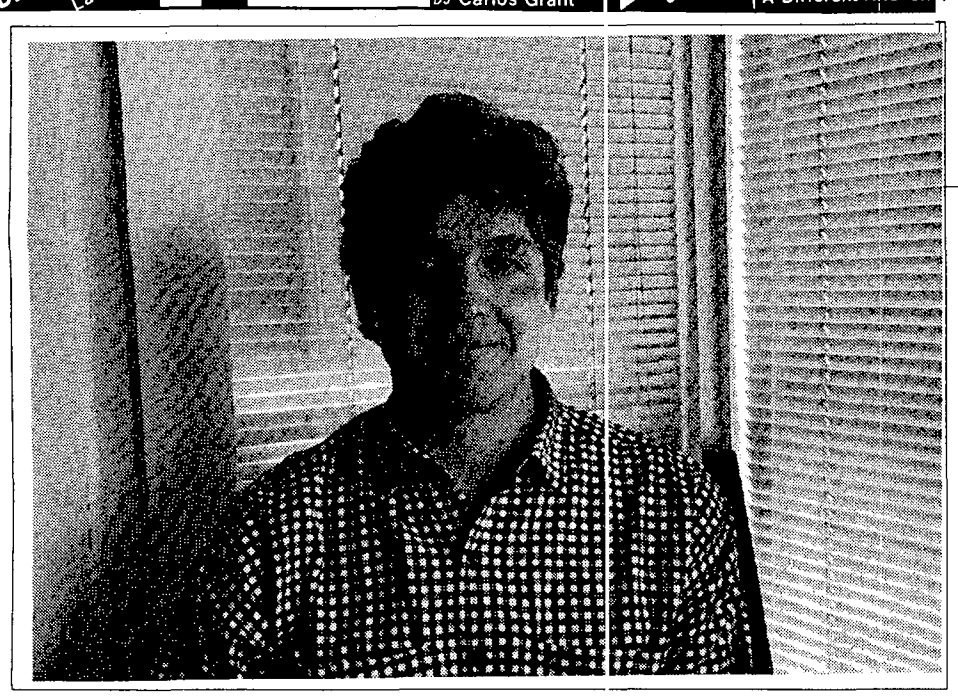

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Neighborhood Artist: Gary Aylesworth

Playwright-actor-director Gary Aylesworth has lived in Bernal Heights since he moved to San Francisco eight years ago. "I love Bernal Heights," he told us. "I've never lived anywhere else in San Francisco, and I don't plan to. I feel very comfortable and safe here."

Gary has been working in theater for seventeen years. He has written thirteen full-length plays, and has won many awards for his work, including the Best Local Theater Talent Award from *San Francisco* Magazine in 1989.

His latest play, *The Orphan King/Warsaw is Mine,* just completed a critically acclaimed run at the New Performance Gallery. Produced in collaboration with the Traveling Jewish Theater, it's the tragic story of Janusz Korczak, famous in pre-World War II Poland as an educator, radio personality, doctor, and author of children's books. Although he could have escaped from the Nazis himself, he chose to stay in Warsaw to look after 200 orphan children. On August 6, 1942, he and all the children were taken to their deaths at the Treblinka concentration camp.

Gary came upon the story of Janusz Korczak while exploring his own past. An adopted child, he was able to contact his birth mother in 1985. He discovered that she was Polish, and that she had refused to allow a Jewish family to adopt him. He wrote several plays based on his experience, and established contact with author Phyllis Chesler, who used quotes from his play *The Doom Folk* in her book *Sacred Bonds: The Legacy of Baby M.* It was during this period that he learned about Korczak's life and work. "Plays present themselves to me," he explained. "I prefer to wait for this to happen, rather than just pick something. This could be considered a liability. What I do is not considered to be greatly commercial."

Currently Gary is planning a new work based on the life of Hollywood mogul Samuel Goldwyn. Although he is not yet sure of the direction this play will take, he points out the surprising fact that most of the powerful men responsible for creating the Holywood that we know today grew up within 500 miles of Warsaw.

Despite his critical success, Gary must still struggle financially. He has worked at jobs ranging from spot welder to activity leader for the elderly and disabled in order to support himself while pursuing his artistic vision. Nevertheless, he remains enthusiastic. "I trust the creative process to find a way. Creative forces are much more powerful than restrictive ones. People who create are not only those we call artists. I would encourage everybody to explore their creative potential."

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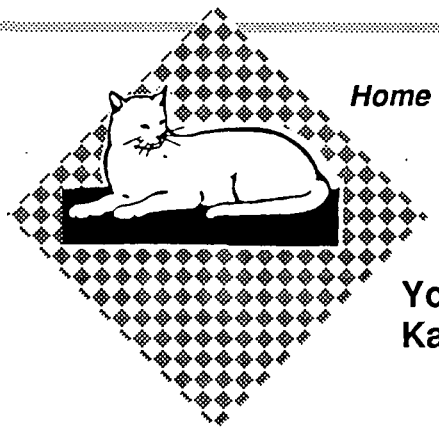

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How to Vote

by Horace Essasz

As election day approaches, we should take a moment to go over the procedures that will help us make intelligent choices at this critical juncture in our history. Remember: an informed voter is a terrified voter.

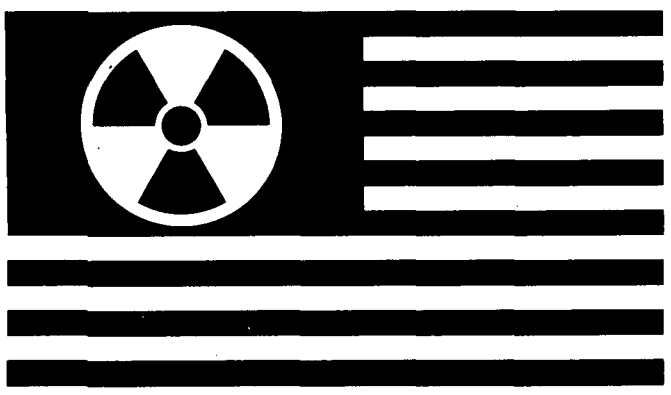
1. Study the issues. By this, I don't mean the Swimsuit Issue of *Sports Illustrated.* I mean, make an effort to find out what's going on in the election. Is a "Superior Court" one where the nets are still on the hoops? What do you think of when you hear the word "reapportionment"? Shame on you!

2. Talk to your friends and neighbors. Good morning. My, that's some cold you have. You should rest up. Bless you. Bless you. Bless you again. By the . . . bless you again . . . Wow, you're really a mess. By the way, who . . . bless you again . . . who are you planning . . . bless you **again** . . . who are you planning to vote for? Bless you again.

3. Attend community meetings. Z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-z-uh, I object!

4. Support the candidate of your choice. How much? Who do I make it out to? Are you sure this is legal?

5. Vote. After you cast your ballot, take something to settle your stomach and lie down until the next election.



Democracy Denied

In a recent decision of the First U.S. District Court, a vote of the people was blatantly denied.

Large defense contractors, Pentagon officials, and the Department of Justice have joined forces in a secretive, high-powered campaign to wipe out the Nuclear Free Zone movement in San Francisco. If they succeed, **the right of the people to regulate the transport and manufacture of hazardous, radioactive material will be eradicated.** This is the first step toward a frightening precedent which threatens both our community's health and safety, and our constitutional rights.

Your voice can put an end to this threat. But time is running out. To guarantee our right to democratic process and the safety of San Francisco, we must act by July 4th, 1990. Sign a petition, volunteer, or make a donation. Support the San Francisco Nuclear Free Zone Coalition now. Before those rights are taken away.

San Francisco **Nuclear Free Zone** Coalition
942 Market Street, Suite 202, San Francisco, CA 94102
415 397-1458 Campaign I.D. # 900918

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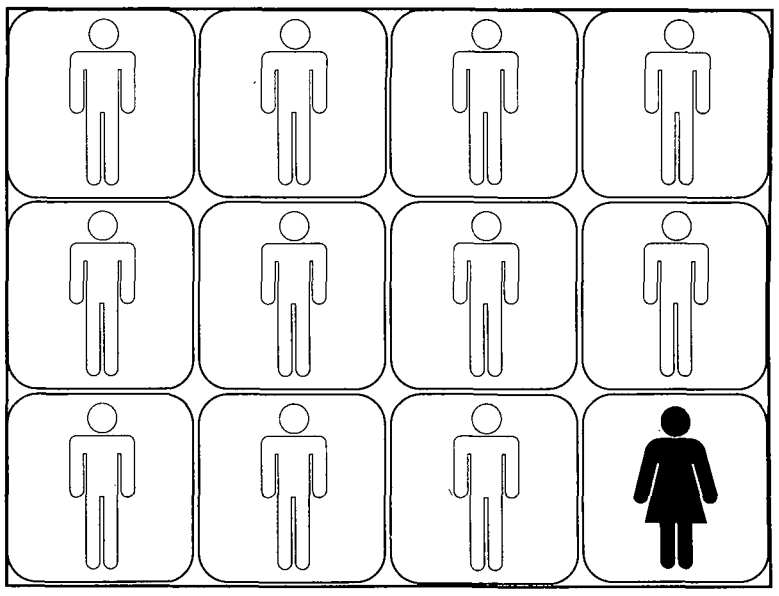

Elect Donna Hitchens to the Superior Court!

During his eight years in office, Governor Deukmejian has chosen more than 900 judges to preside over California's courts. Only 15% of them are women. Of the 11 Deukmejian appointees currently serving on the Superior Court in San Francisco, only 1 is a woman.

It's time for San Francisco to choose a Superior Court Judge who reflects the values and diversity of our community.

With 13 years experience as a litigator, adjunct law professor and author, Donna Hitchens is a nationally recognized expert in the areas of family law, reproductive issues and civil rights.

We Support Donna Hitchens!

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(partial list)

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For Superior Court Judge

Paid for by Hitchens for Judge.
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BERNAL LIBRARY Calendar

Bernal Heights Branch Library
500 Cortland Avenue
285-1744

JUNE, 1990

Wednesday, June 17-Wednesday, August 15
"Be a Bookpacker"
Join the Summer Reading Program at the Library. Explore nature and the world around us! For children under thirteen.

"Kidpower"
Back by popular demand! Liza Rivera and the gang return to the Bernal Heights Library for another fun-filled summer. If you are at least ten years old and want to join this popular young teen club, come in to sign up with Childrens' Librarian Dorothy Coakley.

Bonnie Lockhart, Folksinger
Wednesday, June 17, 2pm
Bonnie will sing nature songs, camping songs, and just plain "hum-along" songs, as this ever-popular artist returns to Bernal. Please call to schedule groups.

JULY, 1990

Kids! Help design a quilt for our library!
Make a panel with a picture of your house, friend, school, or whatever. We'll sew them together and then meet Young Ambassadors from the DeYoung Museum who will talk about the Amish Quilt Exhibit on display there this summer. Call Dorothy for details.

Preschool stories on Tuesday mornings at 10:30am.
Family Storytime on Wednesday evenings at 7pm.

All services are free!!

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The Bernal Hill Sidewalk Astronomer
Let the Sun Shine in!

by Tom Kellogg

Brother Sun (as San Francisco called it) is the most important celestial body to us living creatures since it sustains all life on Earth. Its size is beyond comprehension and its physical facts will bedazzle you. It, like the moon, is so large as it appears in our sky that surface details can be seen without the use of a telescope. **(Warning: Never look directly at the sun. Use a solar filter.)** June is a fine time for sun lovers, as it is high over head and above the horizon for fifteen hours.

The sun is a ball of gas, mostly hydrogen and helium. It is so massive that its gravity forces all of its atoms close together. This results in a very dense gas, nearly one and a half times as dense as water. High pressure also creates a high temperature. The sun's temperature, simply a measure of the speed of the atoms, is 10,000 degrees F at the surface, and 35 **million** degrees F at the center. With temperatures this high, the atoms collide into each other so fast that nuclear fission occurs. This changes a little mass into a huge amount of energy, which radiates out in photons (energy packets) and keeps our Earth just right for us to live here.

This year in particular is a good time to learn about the sun, since it is at the peak of its eleven-year cycle of sunspot activity. Sunspots are collossal nuclear explosions which occur at the "surface" of the sun and shoot out high energy photons, some of which have interfered with our radio and TV signals here on earth during the past several months. The peak period lasts for a year or two.

Astronomers and physicists have learned much from observing the sun. It is a sample star that we can study close up. It is also a giant particle accelerator, which also helps physicists to better understand the nuclear structure of the atoms of which we are all composed.

Night Sky Notes: As Jupiter moves eastward through Gemini it also sinks down into the sunset during June. Saturn rises in the east soon after Jupoter sets in the west. Saturn is still about 20 degrees south of the celestial equator. With an orbital period of twenty-nine years, it will be another 14 years before it returns to a high position in our skies of the northern temperate zone. But it is still worth looking at through a telescope. I don't know yet where my telescope will be, because my wife Jeanne and I will be moving as of June 1. We hope that God helps us find a home where we can revel in the sunshine by day and star-shine by night.

Astro-Rap

by Jessica Murray

Every month there is a day when it is best to initate something. This is the New Moon.

Two weeks later, whatever you began comes to a head, for good or ill. This is the Full Moon.

Long before the current Julian calendar came into use, people all over the world depended upon this lunar cycle to make plans, plant crops, reap results and found enterprises.

On June 22nd, the Moon is New, in the sign of Cancer. Whether we are conscious of it or not, we will find that our lives have turned over a new leaf. Because Cancer is a home-oriented sign that expresses itself emotionally, the process that will be launched that weekend will for most people be a psychological one. Feelings about domestic issues will shift gears. For some, the change will be a literal one: there may be a move to a new apartment, a family reunion, or an energetic housecleaning.

On July 7th, the results of that change will be revealed.

Watch these lunar juncture points each month to get a sense of their symbolism. Then, when the full moon rolls around, you will have a better grasp on what the month's lesson is.

For astrological consultation and classes, call Jessica Murray at 626-7795

Life After Cancer

Health Focus

by Arthur B. Kalson

One day, during the first week of March, I had what I thought was a sudden attack of diarrhea. Annoyed, I went to the bathroom to change clothes and clean up. To my horror, I discovered that my underwear was full of blood. I was so frightened that I couldn't even tell my wife. Although I knew that I had to see my doctor, I waited a few days beforecontacting him. Even then I was too embarrassed and afraid to tell him the real reason for my call, so I made up a vague story about needing my blood pressure checked, and got an appointment for a few days later.

At the end of my routine physical exam, as I was getting dressed, I got up the courage to tell him the truth. He immediately reassured me that it was probably nothing serious—most likely a hemmorhoid—and arranged to give me a test called a sigmoidoscopy.

A sigmoidoscope is a long flexible tube housing optical fibers. It enables a doctor to look inside the lower portion of the intestines, called the sigmoid colon. My doctor explained that the exam was painless, and very effective at detecting problems.

Four days later, I found myself in an examination room, lying on my side, with my rear end exposed. I was uncomfortable and embarrassed when the doctor stuck the tube up my butt. He was right—it didn't hurt. But it was no fun either. I lay there, waiting for it to be over, listening to the conversation between him and his nurse: "OK, we're in five centimeters. . .everything looks good . . . let's go in another five . . . slowly . . . OK, hold it. . . a little further . . . "

Suddenly he sucked in his breath sharply and said "Oh, Arthur!" From that moment on, I was no longer embarrassed, ashamed, or annoyed. I was keenly interested in every detail.

What he'd found is called an adenomatous polyp, which is a type of tumor, in my sigmoid colon. He removed a tiny piece of it with the sigmoidoscope to biopsy, and called in a specialist, a gastroenterologist, to have a look. She confirmed his findings. They both reassured me that such polyps are usually benign. Their main concern was whether or not I had any other polyps, so they arranged for me to undergo a more elaborate procedure called a colonoscopy.

A colonoscope is a longer, fancier version of a sigmoidoscope. It can explore the entire length of the intestines, but requires more advance preparation. For two days before the examination, I ate no solid food and drank only clear liquids. The night before my colonoscopy, I had to drink an entire gallon of a salty tasting laxative called Golytely, which should be named Go Every Two Minutes.

Meanwhile, my preliminary biopsy report came back negative. I relaxed and drank my Golytely.

The next morning, I was intervenously given sedatives which put me into a state of "twilight sleep". Although I was awake and could see and hear everything, I was not bothered by the colonoscope as the gastroenterologist maneuvered it through my intestines. She found no other polyps, and was able to remove the one I did have through the colonoscope. It looked to me like a blob of pink jello. The doctor commented that it appeared to be benign, but would have to be biopsied just in case.

Three days later, my regular doctor called me. He bluntly informed me that the polyp was malignant, and that I would need to have major surgery. The reason for this was to make sure that the cancer had not spread to my lymph nodes, or anywhere else inside my body. He arranged for me to meet with the surgeon, and strongly urged that I have the operation as soon as possible.

There is no way to prepare for hearing the words "malignant" or "cancer". I walked around in a daze, trying to make sense of it all. I thought about my loving wife and my beautiful six-year-old daughter. I thought about my friends and relatives, my work and my play. Cynically I remembered that, whether I lived or died, the rent would still be due on the first of the month.

By the time I met with the surgeon, I had things pretty well sorted out. He wanted me in the hospital right away. I wanted to delay it for a month. We negotiated, and finally compromised on two weeks. During those two weeks, I took my wife out to dinner at a fancy restaurant, and took my daughter to the circus. I finished the April/May issue of the *NBJ*. On the morning of April 4, I took the paper to the printer, and had lunch with my family at Mel's Diner; cheeseburger, chocolate malted shake, and onion rings. Then I went to the hospital, and was operated on the next morning.

Since my surgery, I have discovered two other people, both of whom work on Cortland Avenue, with a similar tale to tell. According to the American Cancer Society, only lung cancer exceeds colorectal cancer in both the number of new cases and the number of deaths each year. But if it's detected early, chances for survival are almost 90%. Anyone over the age of forty should ask the doctor to include a sigmoidoscopy as part of your annual physical. If you notice any change in your bowel habits, like constipation, or diarrhea, or both, have it checked out. Try to eat less fat, more whole grains and fresh fruit. Don't smoke. For cancer, any type of cancer, smoking increases your risk tenfold.

If you have any questions, call your doctor. Colorectal cancer is nothing to be ashamed of; it is a disease, and it can be cured. While I was in the hospital, my father spoke to his doctor about my condition, underwent a colonoscopy himself, and had to have an operation similar to mine for the same reason; a malignant tumor in his sigmoid colon.

My operation was a success. I was 100% cured. I didn't even need to have chemotherapy or radiation treatments. The surgeon advised me to start doing abdominal exercises, and to put it all behind me. I went home weak, but feeling good. My wife and daughter breathed huge sighs of relief. Family and friends came to help take care of me. Soon I was able to be dressed and take walks. By the beginning of May I was able to work at home, and even came to the office for about an hour a day. Today, only two months since my operation, I am back at my desk full-time, worrying about deadlines and photographs. My father's surgery was also successful. He is doing very well, and looking forward to getting back to work, the gym, and his family.

On my daughter's seventh birthday, I lifted her up over my head for the first time in two months. "Look at my Daddy!" she squealed, "Look what my Daddy can do!" That moment was worth it all.

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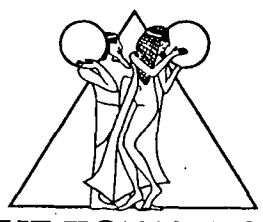

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Father's Day is June 17

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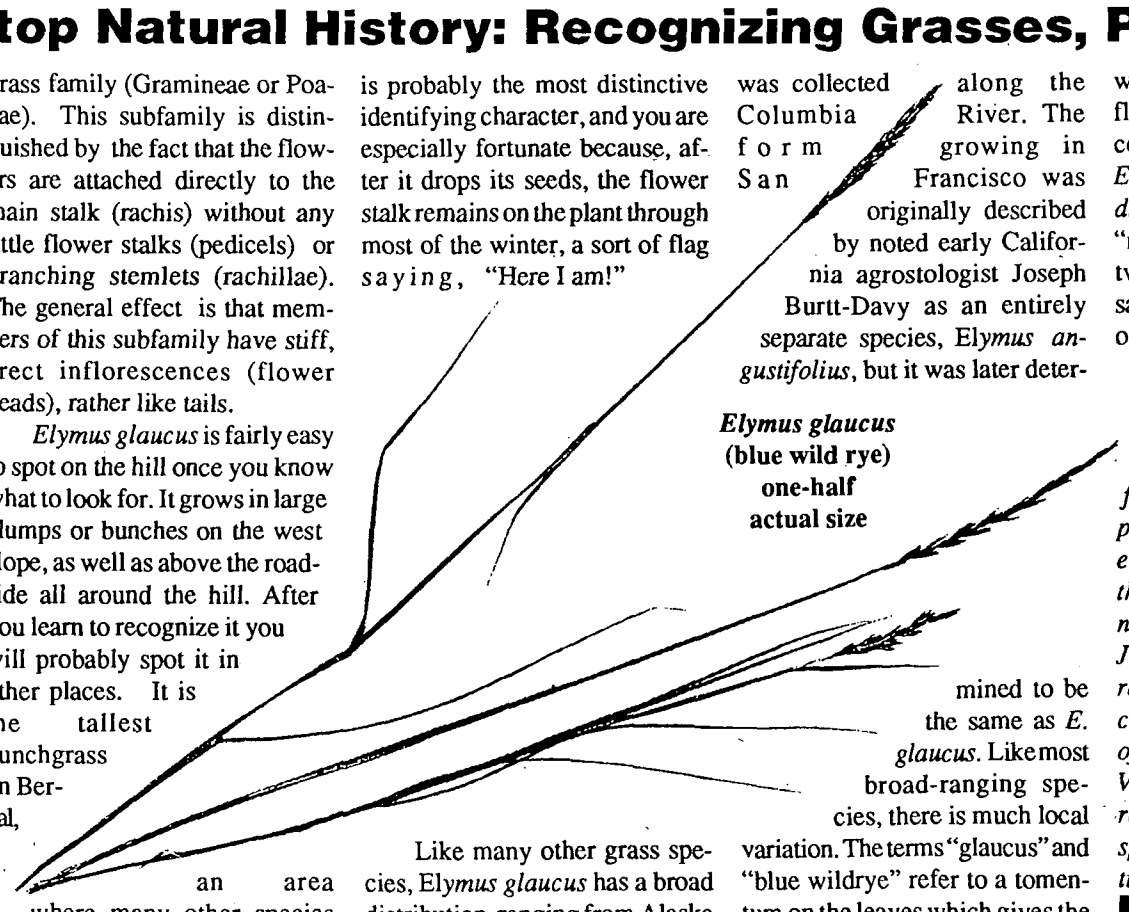
Bernal Hilltop Natural History: Recognizing Grasses, Part 2

By Barbara Pitschel

In response to frequent requests for help with recognizing and distinguishing among Bernal Hilltop's more than twenty grass species, I wrote the first article of this series for the February/March 1990 issue of the *New Bernal Journal*. I noted then that the weedy (non-native) grasses tend to be early-blooming annuals that use the production of immense quantities of seed as a reproductive survival strategy, while most of the native are longer-livedperennial bunchgrass which depend heavily on tillering (vegetative cloning) and relatively less on seed for reproduction. I described one of the earliest-blooming and easiest-to-recognize of the exotics, *Hordum leporinum* (foxtail barley).

Today I'm going to tell you about a native bunchgrass that is also quite easy to recognize. Like *Hordum, Elymus glaucus* (blue wild rye) is also in the barley or rye subfamily (*Hordeae*) of the grass family (Gramineae or Poacae). This subfamily is distinguished by the fact that the flowers are attached directly to the main stalk (rachis) without any little flower stalks (pedicels) or branching stemlets (rachillae). The general effect is that members of this subfamily have stiff, erect inflorescences (flower heads), rather like tails.

Elymus glaucus is fairly easy to spot on the hill once you know what to look for. It grows in large clumps or bunches on the west slope, as well as above the roadside all around the hill. After you learn to recognize it you will probably spot it in other places. It is the tallest bunchgrass on Bernal, an area where many other species grow in a dwarfed form. It is a late spring and summer bloomer, generally flowering between May and August. The tall, stiff flower spike is probably the most distinctive identifying character, and you are especially fortunate because, after it drops its seeds, the flower stalk remains on the plant through most of the winter, a sort of flag saying, "Here I am!"



Elymus glaucus
(blue wild rye)
one-half
actual size

Like many other grass species, Elymus *glaucus* has a broad distribution, ranging from Alaska to southern California and east to Ontario, Michigan, and Arkansas. The type specimen from which it was named and described was collected along the Columbia River. The form growing in San Francisco was originally described by noted early California agrostologist Joseph Burtt-Davy as an entirely separate species, Ely*mus angustifolius*, but it was later determined to be the same as *E. glaucus*. Like most broad-ranging species, there is much local variation. The terms "glaucus" and "blue wildrye" refer to a tomentum on the leaves which gives the plant a bluish cast, but you will note that San Francisco plants are quite green, not blue at all.

The Karok Indians of northwestern California used to make flour from the parched seeds. According to George Mead's *The Ethnobotany of the California Indians*, they also used this grass as "medicine" to settle quarrels between families individuals. They say that it "can only be made once, but it works."

You can practice recognizing Elymus glaucus and other grasses, as well as summer wildflowers, if you come to work parties on the third Sunday of each month. Meet by the gate at the top of Folsom Street on the north side of the hill at 11am on June 17, and/or at the foot of the road to the phone company microwave tower on the south side of the hill at 11am on July 15. Volunteers help maintain restoration test plots and control weedy species. For additional information you may call me at 282-5066.

Summer Solstice is June 21

Youth news

Bernal Heights Youth Activities Daily Calendar

PROGRAM	MON	TUES	WED	THURS	FRI	SAT	SUN
Alemany MVP Tutorial	10 am-7:30 pm	10 am-3 pm	10 am-7:30 pm	10 am-3 pm	10 am-3 pm		
Alemany Jobs			10 am-4 pm		10 am-4 pm		
BHCF Jobs	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm		
BHCF Brownies		3:30 pm-7:30 pm					
BHCF Teen Video					7:00 pm-9:00 pm		
Junipero Serra Study Hall/Rec.	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	2:00 pm-5:30 pm	11:00 am-5:00 pm	
Bernal Park & Rec.	10 am-6 pm	10 am-9 pm	10 am-6 pm	10 am-6 pm	10 am-6 pm	12 noon-5 pm	
St. Mary's Park & Rec.	3:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	1:00 pm-10:00 pm	10:00 am-6:00 pm	12:00 - 5:00 pm
Bernal Library		10:00 am-6:00 pm	1:00 pm-9:00 pm	1:00 pm-6:00 pm	1:00 pm-6:00 pm	1:00 pm-6:00 pm	
Precita Center Rec.	1 pm-6 pm	1 pm-6 pm	1 pm-6 pm	1 pm-6 pm	1 pm-6 pm		
Precita Center Jobs/Counseling	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm	9 am-5 pm		
St. Anthony's Youth Program		2-9 pm (English)			2-9 pm (Spanish)		Mass 6 pm (Spanish)
St. Kevin's Youth Program(SKY)	Meeting 7 pm-9 pm						

Alemany MVP Tutorial/Jobs	Earl Chase, Peggy Turnipseed	641-1116
BHCF	Peggy Turnipseed,MauricioVela	648-0330
Holly Court	Loretha Monroe, Mauricio Vela	648-0330
Junipero Serra	Director's Office	285-0252
Bernal Recreation Center	John Connor	695-5007
St. Mary's Recreation Center	Sonya Monk	695-5006
Bernal Library	Dorothy Coakley	285-1744
Precita Center	Roger Hernandez	285-7833
St. Anthony's	Tommy King	647-2704
St. Kevin's SKY	Pete Rodriguez	648-5751

The Bernal Heights Community Foundation Youth Committee
presents

Friday Night at the Movies

June 1 Uncle Buck
8 Friday the 13th, Part 8
15 closed
22 Little Monsters
29 Honey, I Shrunk the Kids

July 6 Young Einstein
13 The Little Mermaid
20 Back to the Future II
27 Willow

Rap Session to Follow Time:7pm
Location: Bernal Heights Neighborhood Center
515 Cortland Avenue
6 48-0330

All movies are free!
Movies donated by Four Star Video

Event '90: Six Hundred Children Perform *African Visions*

Students in San Francisco's public schools have been preparing all year for *African Visions*, the spectacular performance to be presented at Sigmund Stern Grove (19th Avenue and Sloat Boulevard) on Saturday, June 9 as EVENT '90. Show time is 2 pm and admission is **free**. Recreation leaders will begin leading games and arts and crafts activities for young audience members at 11 am, so families are encouraged to come early and enjoy a relaxing and fun-filled day.

This is the fifth year in which the EVENT productions have showcased the abilities of the city's youngest artists. More than six hundred students have been dancing, singing, and painting for months to produce the Event '90 show. Thanks to a partnership program between the San Francisco Unified School District and the San Francisco Arts Education Foundation, professional artists have been working in the schools since September to help students investigate and practice the arts. The EVENT performance gives the students an opportunity put into action what they've learned all year, and to delight the public with their energy and skill.

African Visions, directed by Emily Keeler and produced by Valerie Velardi, is a recreation of magical stories, bringing dance, music, visual art, and theater together on stage. Come prepared for the rhythm of African drums and the exuberance of hundreds of inspired dancers.

Special guests will include television personality Dominique DiPrima and vaudeville artist Derique McGee. Comedians Dick Bright, Michael Pritchard, and Bob Sarlatte will also be joining the youngsters in performance, along with storyteller Dianne Ferlatte, actress Amara Tabor, and musician Malanga.

The EVENT is co-sponsored by the San Francisco Recreation and Park Department, and generously supported by the Pacific Telesis Foundation, EVENT PARTNER. Free shuttle bus service, courtesy of Pacific Telesis Foundation, will be provided from several city neighborhoods. Please call 771-1718 for more information.

L.I.V.E.

by Amie Barrows

This summer, San Francisco high school students will have the opportunity to earn 10 elective credits in a new learning experience. The San Francisco Unified School District and the Herald Program are sponsoring an experimental summer school called Learning Integrated through Video Experience (L.I.V.E.). The program will focus on what makes up San Francisco's neighborhoods and communities, and how they have changed.

Students in the L.I.V.E. program will work in small groups to study and document what they learn about their city, as well as their own lives. Students will also learn about the media by taking trips to television stations and newspaper offices, and by making their own videos reflecting what they've learned. The L.I.V.E. program will have students in small informal groups, and will use San Francisco communities as its classrooms. The summer school will be based at MacAteer High School, but will not be part of MacAteer's regular program. Its dates and times are the same as the regular summer school in San Francisco, and prompt regular attendance is necessary so students won't miss field trips and special guests.

Students who are interested in L.I.V.E. should check with their counselors for an application. There are no prerequisites for the program, and no one will be turned down because of grades alone. More information is available by calling the Herald Project at 566-0230, or Katherine Harer, the L.I.V.E Coordinator, at 821-3458. The L.I.V.E. program promises fun and excitement this summer for students who want an alternative to the normal classroom summer school.

Elwood Benjamin, John Gans, Shawn Johnson, Maurice West, Laymayne Bland, Kenya Piggee, Maya Badgley, happy campers all, are on their way home from Camp Mather. The woods will never be the same.

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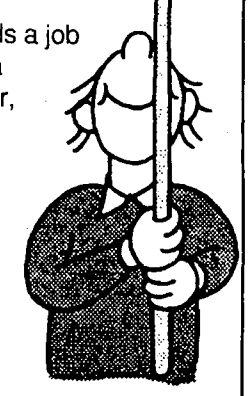


SENIOR ADVICE:

Low Cost Telephone Services

With the high cost of living, is it possible to have a monthly telephone bill that reads *only $2.23* per month? Amazingly enough, the answer is yes. Services for low income and physically disabled persons are available.

With *Universal Lifeline*, you can get basic telephone service for about half the regular monthly rate, as well as 50% off installation and service connection charges. There are two types of Universal Lifeline available: ***Flat Rate*** lets you make unlimited local calls with Pacific Bell for $4.18 per month. **Measured Rate** allows you 60 local calls each month for only $2.23 per month with Pacific Bell. There is an 8¢ charge for each call over the 60 call limit. To be eligible for either of these services, your annual income must be no higher than $13,600 for one or two persons.

With rates this low, it is natural for someone to wonder, "OK, but what's the catch?" There are no hidden tricks or gimmicks or tricks. *Universal Lifeline* is funded by a Public Utilities Commission.surcharge on all long distance calls made in the state.Special telephone services for persons with disabilities are loaned free to enable you to use the phone more easily. By law, this equipment and services are paid for by a surcharge on all customers' bills as "Communications Devices for Deaf and Disabled."

To receive this special equipment, you must be certified by your doctor as having a disability which makes it difficult for you to use the phone. If you have trouble hearing, a special loud *ringer* allows your phone to ring louder, and *amplifiers* increase the sound of the caller's voice. If you have difficulty seeing, large numbers can be put onto your phone. *Speakerphones* enable you to hear and speak over an amplifier if you have difficulty moving your hands and arms.

These are just a few examples of telephone services available to senior citizens. If you would like a fact sheet on this information, contact the

Bernal Heights Senior Program,
515 Cortland Avenue
or call us at 648-0330.

For other information call:
Pacific Bell's
Deaf and Disabled Services
1-800-548-9919
Public Utilities Commission
1-800-772-3140
Consumer Action 777-9635

Information provided by the Telecommunication Education Trust by the California PUC and the California Rural Legal Assistance Foundation.

Channel 4's Mark Thompson dropped by to broadcast the Neighborhood Weather with members of the Bernal Heights Senior Program. On location in Marvin Gardens with Mark is Emma Houweling and Olga Pelligrini.

JUST BECAUSE IT'S LEGAL DOESN'T MEAN IT'S SAFE.

Did you know that alcohol and some medications can cause serious birth defects, even mental retardation?
Please read labels carefully, consult your doctor, and call your Association for Retarded Citizens for more information.

arc
Association for Retarded Citizens

Happy Birthday America! July 4

Employment Opportunity with Our Seniors!

A very special person is being sought to become the new "Bilingual Aide" at the Bernal Heights Senior Program. This position requires a dynamic person who is very friendly, patient, and able to speak both Spanish and English fluently. The Bilingual Aide would lead recreational activities for senior citizens such as arts & crafts projects, exercise, and dance, and also assist in educational presentations and discussions. This position is perfect for a homemaker, student, or retired person; only ten hours per week. Please send your resume to Vicki Victoria at the Bernal Heights Senior Program, 515 Cortland Avenue, SF, CA 94110 or call 648-0330.

Aviso Para Los Mayores Serviso de Telephone A Bajo Costo

traducción: Stella Loaisiga

Con el alto costo de la vida, cree Ud. Que sea posible obtener un bill de teléfono por solo $2.23 al mes? Aunque parezca difícil de creer, la respuesta es SI. Hay servicios disponibles para personas fisicamente discapacitadas y de bajos ingresos.

Universal Lifeline le permite conseguir servicio telegfónico básico por casi la mitad del valor mensual regular, así como tambien 50% menos en la instalacion y por cargos de conexión. Hay dos tipos de *Universal Lifeline* disponibles:

Flat Rate le permite hacer 60 llamadas locales con Pacific Bell por $4.18 al mes. **Measured Rate** le permite hacer 60 llamadas locales cada mes por solo $2.23 al mes con Pacific Bell. Hay un cargo de 8¢ por cada llamada que se pase del límite de 60 llamadas. Para ser elegido para estos servicios, su ingreso anual debe ser no mayor de $13,600 por una o dos personas.

Con estas tarifas bajas, es normal que alguien se pregunte, "OK, que hay con eso?" No hay ningún truco de por medio. *Universal Lifeline* esta fundada con un sobrecargo en las llamadas de larga distancia hechas en el estado por Public Utilities Commission.

Servicios telefónicos especiales para personas dishbilitadas son prestados ibres para facilitarles el uso del teléfono. Por ley, este equipo y servicios so pagados por un sobrecargo en todas las facturas de los clientes como "Aparatos de Comunicación para Sordos y Discapacitados."

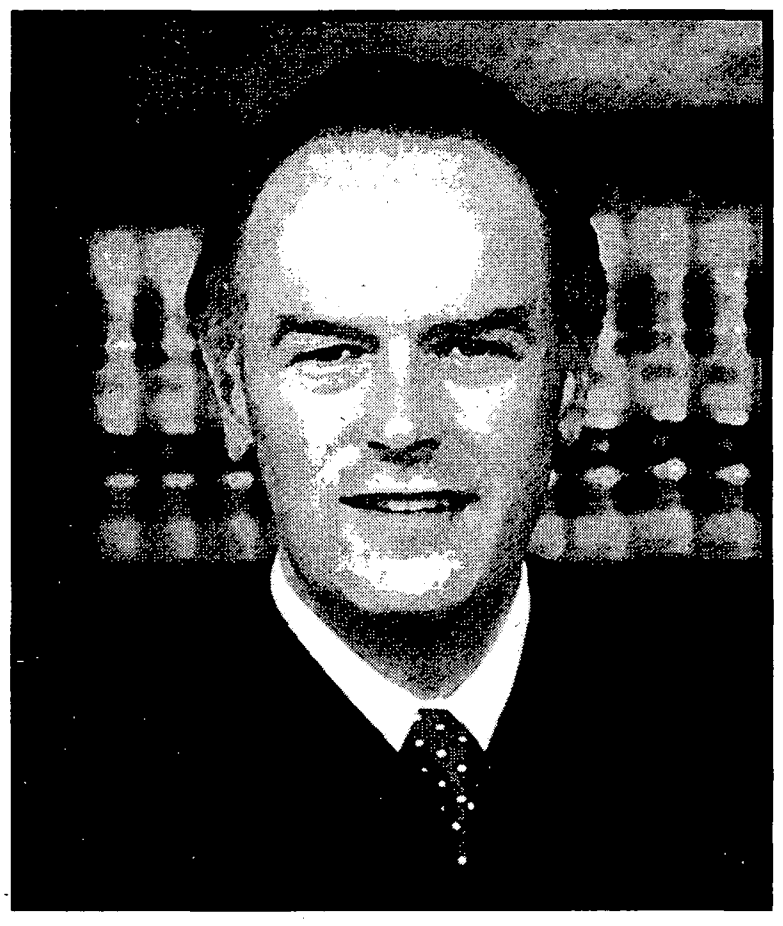
Para recibir este equipo especial, usted debe tener un certificado de su doctor indicando ser dishabilitado lo cual le dificulta hacer uso del telefono. Si Ud. Tiene problemas para oir, dificultad para ver o dificultad para mover sus manos y brazos, usted puede ser elegido para este servicio especial.

Si desea mayor información, favor contactar con el

Programa de los Mayores
en Bernal Heights,
515 Cortland Avenue,
o llamarnos al 648-0330.

Para cualquier otra información, llamar:
Pacific Bell Servicios
para Sordos y Discapacitados
1-800-548-9919
Public Utilities Commission
(Commision Utilidades Pub.)
1-800-772-3440
Consumer Action (Acción al Consumidor) 777-9635

Esta información ha sido suministrada por Telecommunication Education Trust, por California PUC y por California Rural Legal Assistance Foundation.



"The first duty of society is justice."
—*Alexander Hamilton*

RETAIN
JUDGE BENSON
SUPERIOR COURT

Paid for by Committee to Retain Judge Benson, P.O. Box 447, San Francisco, CA 94101.

new Bernal Journal

CLASSIFIEDS

***Classified Rates**: $3.00 for three lines, and 50 cents for each additional line. To place a classified ad, call 648-0330.*

Employment Opportunity

Part Time Administrative Assistant: 20 hours per week, 9am-1pm, Moday-Friday, $7 per hour, Hastings Clothing Stores. Duties include light typing, answering phones, filing, photocopying, collating. Requirements: typing test; outstanding phone etiquette; good arithmetic, grammar, and spelling abilities. To apply, call Mr. Ross at 393-8981.

Window Repairs: Broken glass, ropes, and putty replaced. Weatherstrip doors, small carpentry and painting jobs. I am always on time. City Window Service. 337-9327.

The Traveling Mechanic: Tune-ups, brakes, general repairs, foreign and domestic. 15 years experience. All work guaranteed. House calls. $30 per hour. Georgio. 864-5747.

Ski lovers' Tahoe Getway: Beautiful Tahoe home in prestigious Incline Village, North Shore. Near Squaw Valley, Alpine, Heavenly, and South Shore casinos. Large kitchen, three bedrooms, two baths, steam/sauna room. living room with fireplace, two decks, garage, all appliances and laundry. Call for special ski rates. 282-7955.

Income Tax Preparation: Easy-to-talk-to CPA will take care of all your financial needs. Tax and financial planning, accounting services, investments, incorporations, partnership agreements. We specialize in small businesses and individuals. **Free** house calls. Very reasonable rates, half-hour **free** consultation. 10% discount when you mention this ad! Call 282-7955.

Moderne Graphics/Desktop Publishing: Newsletters, brochures, business cards, menus, T-shirts, letterhead, newspapers, logos Let us communicate for your business! Very reasonable rates. **Free** consultation. 282-7955.

Real Estate: Ask for the marketing team, George & Sally Davis at Geddling & Burk, Inc. Call 771-8900 (o) or 398-6069 (h) if you want to sell, buy, or exchange property.

Bernal Bulletin Board

***Community Lifeline Ministries,** 511 Cortland Avenue can help you locate your loved ones missing from the family due to the devastation of crack cocaine. We will work with you and develop a creative message to your loved ones. Don't wait. Users should also call. You are not alone. Recovery is a Reality. Crack cocaine is a killer. We can work it out. 647-7122.*

***Twelfth Annual Women's Building Arts and Crafts Fair** seeks women of color participants. Craftswomen of color are urged to participate in the 12th Annual Women's Building Arts and Crafts Fair held in December at Pier 2, Fort Mason—a chance to show and sell your work to thousands of people. Application deadline is June 20—no exceptions. A free workshop will be held on display and marketing. Get your application now! Call the Women's Building at 431-1180.*

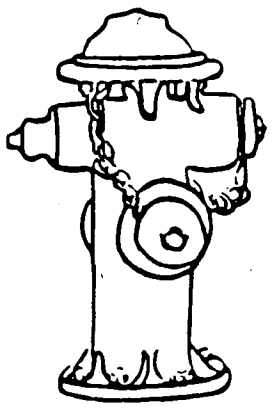
***A Celebration of James Joyce's** Ulysses: Bloomsday will be presented at Carroll's Books at 1193 Church Street in San Francisco on Saturday, June 16, from noon until midnight, with readings from the novel, live music and libations. The subject of numerous obscenity trails, both in America and European courts, Ulysses has long been a rallying point for those who oppose censorship in the arts. Come celebrate one of the major works of the twentieth century.*

***A Weekend about AIDS: For Teens and Adults**: The Exploratorium offers a weekend about AIDS of special interest to teenagers and adults on Saturday and Sunday, June 23 and 24, from 10a.m. to 5p.m. Devoted to developing an understanding of both AIDS and immunology in general, the weekend includes newly created interactive exhibits, a theater piece on AIDS called "Get Real", and lectures and films. All events are included in the price of admission to the museum. For more information, call 563-7337.*

***The Northwest Bernal Block Club** meets on the second Tuesday of every month at the Cafe Commons. The next meeting will be on June 12 at 7:30 pm. For more information, call Charles Bolton at 647-8861.*

***Jesuit Conference on Minority Affairs**: How will growing numbers of black, Hispanics, Asians and other minorities fit into American campus life in the 1990's? Scholars, educators and administrators will address the issue during the ninth annual Association of Jesuit Colleges and Universities Conference on Minority Affairs at the University of San Francisco June 12-15. Small discussion groups working with case studies will examine issues such as student and faculty enrollment, retention and inclusion. Representing USF will be the the Rev. Peter Neeley, S.J., conference chair, and Phaizon Wood, director of Multicultural Student Services and one of the conference presenters. Speakers include Antonia Dareder, of Pacific Oaks College in Pasadena, an expert in-cultural development; Henry Der, director of Chinese for Affirmative Action; and Wade Nobles, a black psychologist from San Francisco State University. The conference includes a San Franciso Bay cruise and a wine country tour. On and off-campus housing is available. Cost of registration is $200. For information, call Susan Collins at (415) 777-2654.*

***Project Open Hand** prepares and delivers meals to homebound people with AIDS or ARC. We are in need of caring and committed volunteers to help us in the office, kitchen, and with deliveries. Both day and evening shifts are available. Volunteer orientation takes place on the first and third at 6:30 at our office at 2720 17th St. (at Bryant). For more information please call the Director of Volunteers at 585-0600.*



VOTE YES ON F!

Citizens For Fire Protection & Earthquake Preparedness

THE PROBLEM STARTS AT THE TOP—a budget cut last year stripped aerial ladder trucks of 18 firefighters like the one shown. Their work is crucial and tough—raising ladders, rescues from upper floors, scaling rooftops. Prop. F will bring truck crews back to full strength.

VOTE YES ON F!

WHAT IS PROP F?

Prop F is a Charter amendment to establish an adequate level of fire protection and earthquake preparedness for San Francisco. Over 71,000 San Franciscans signed the petition to put Prop F on the ballot. People are concerned! Five former San Francisco fire chiefs—William F. Murray, Keith Calden, Andrew Casper, Emmet Condon, and Edward J. Phipps—warn that the department is understaffed and cannot provide fire protection the City needs.

PROP F WILL GUARANTEE:

- That the present 41 fire stations remain open.
- That fire engines and trucks will be fully-staffed at all times.
- That the fireboat will have a firefighting crew.
- And that no fire station will be closed without public hearings and the approval of the fire commission, the Board of Supervisors and the people.

YOU MUST ACT NOW! THIS OPPORTUNITY WILL NOT COME AGAIN!

Only **YOU** can guarantee the adequate fire protection and earthquake preparedness needed to protect YOUR FAMILIES, YOUR HOMES, YOUR BUSINESSES!

SAN FRANCISCO FIREFIGHTERS—A COMMITTEE FOR PROPOSITION F.
Timothy F. O'Brien, Treasurer
1139 MISSION ST., SAN FRANCISCO, CA 94103 [I.D. #810802]

BERNAL HEIGHTS COMMUNITY FOUNDATION / S.F. RECREATION & PARK DEPARTMENT *presents*

Bernal Heights

Arts Festival

SATURDAY
JUNE 30, 1990
12 NOON - 6 PM

LIVE MUSIC • ART • FOOD

Bernal Heights Playground

ON MOULTRIE STREET AT CORTLAND AVENUE

san francisco

COMMUNITY EDUCATION & INFORMATION
PETTING ZOO • ARTS & CRAFTS SAFARI
FACE PAINTING • GAMES

OPENING RECEPTION - FRIDAY, JUNE 29TH • 6 PM - 8 PM TO BENEFIT THE ARTS FESTIVAL
IN THE BERNAL HEIGHTS NEIGHBORHOOD CENTER, 515 CORTLAND AVENUE, SAN FRANCISCO

VISUAL & PERFORMING ARTISTS - APPLY NOW!

LIMITED BOOTH & TABLE SPACE AVAILABLE

Display your paintings, photography, drawings, jewelry, pottery, other artworks for exhibition and/or for sale.

Bands, musicians, poets, dancers, storytellers, rappers and other performing artists are invited to perform at the ARTS FESTIVAL.

Merchants, Community Groups & Private Vendors are invited to rent booth or table space at the ARTS FESTIVAL

Deadline to apply: June 22, 1990

TO APPLY, CALL 648-0330
Bernal Heights Community Foundation
515 Cortland Avenue, San Francisco, CA 94110